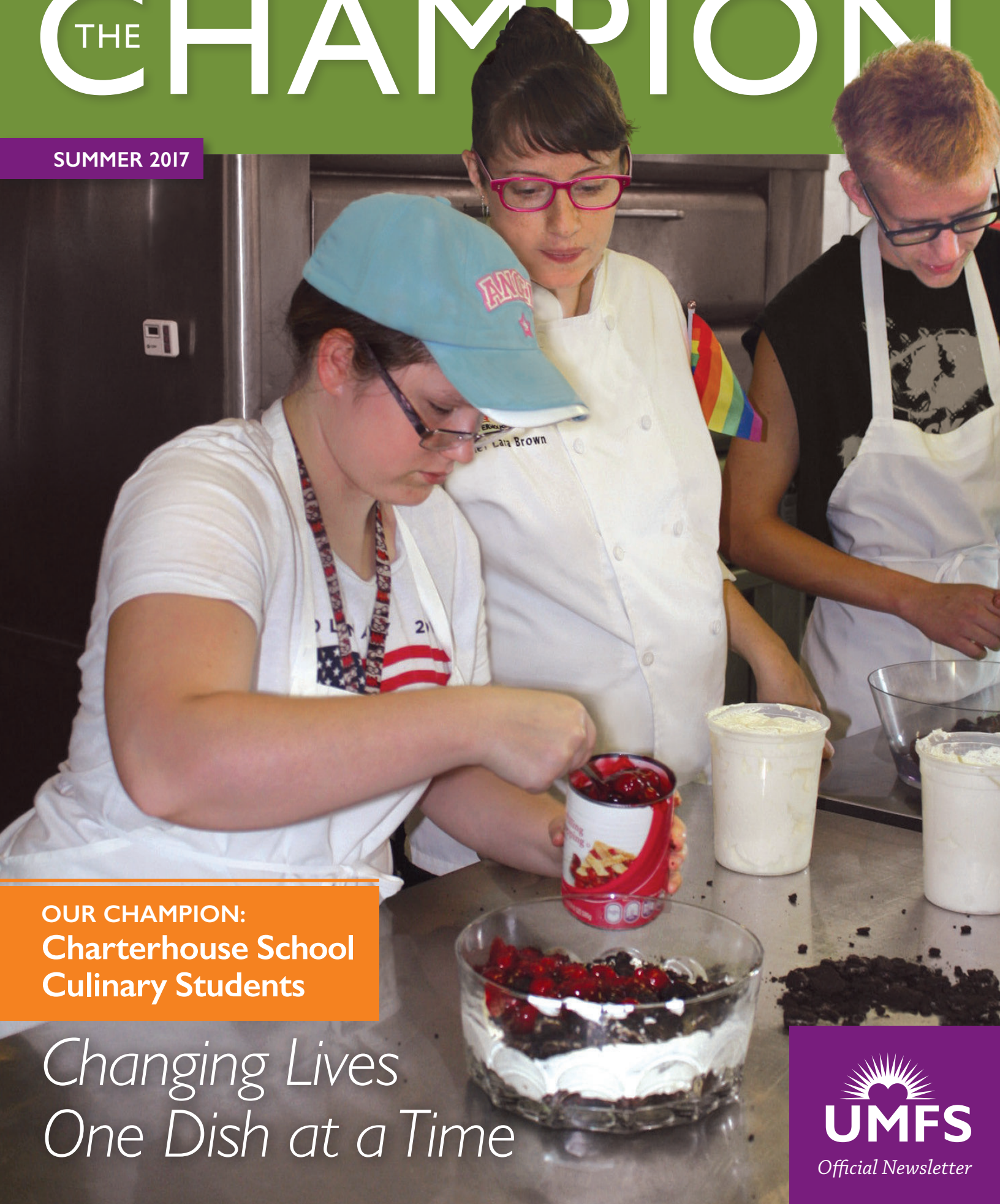


THE CHAMPION

SUMMER 2017



OUR CHAMPION:
Charterhouse School
Culinary Students

*Changing Lives
One Dish at a Time*



Calling All Champions!

As summer comes to a close, we look forward to our next school year at Charterhouse School. Teachers are getting their classrooms ready and reviewing their lesson plans. Students are thinking about the classes they will take. In this issue of **THE CHAMPION**, we celebrate our culinary students. As with many of our classes, the culinary program helps students learn practical skills while also teaching valuable life lessons that will empower them long after they leave the classroom.

This issue also features the Courage to Succeed program. Volunteers like Joyce Lancaster are critical partners who help inspire our students to achieve their full potential. We are also thankful for the donors who help support all of our UMFS programs. Life-long supporters like the Wakes remind us of our history while helping prepare us for our future.

We are grateful for the partnership of our staff, volunteers and donors who make an incredible difference in the lives of high-risk children and families.

Thank you,

Greg Peters, LCSW
President and CEO

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OUR CHAMPION

Charterhouse School Culinary Students



Changing Lives One Dish at a Time

THE MENU FOR TODAY is rack of lamb served with roasted asparagus, glazed carrots and quinoa, with a berry trifle for dessert. You might think you're dining in a five star restaurant, but this menu was developed and prepared by the UMFS Charterhouse School culinary students.

Under the direction of Chef Lara Brown, the culinary program has grown significantly over the last two years. Over the course of the school year, the students grow from culinary novices into ServSafe certified caterers. Chef Brown spends the first two months of each school year teaching basic kitchen skills, which

helps prepare students for the ServSafe certification test. ServSafe is a nationally recognized restaurant certification that has helped several students secure jobs.

Once students have learned the basics, they're ready to tackle more complicated projects. Each year, the culinary program caters over 30 meals. They have catered everything from a UMFS lunch meeting for 10 staff members to a proper English tea event for 100 people. The students manage each step of the process, with guidance from Chef Brown. They approve each catering job, develop the menu, research and select recipes, develop the food

order, prepare the food, and serve the meal. Each step of the process provides valuable learning and experience for the students. The pride the culinary students have in their accomplishments shines through when they talk about the program. "That was my menu. That was my lamb, and everybody loved it. I was so excited!" remembered Mya. She really enjoyed catering. "You get to see people's reaction and appreciation. To see that we've touched people – that's worth more than any gift."

Charles will be using his culinary class experience when he enters the culinary arts program at Reynolds

Community College this fall. Charles really liked developing menus. His favorite menu was flank steak with grilled asparagus, mac and cheese, and lemon bars. The mac & cheese was his favorite dish. "I put a special turn on it," he said with a big smile. Charles also had the honor of joining Chef Brown for a live television cooking segment on the CBS station in Richmond. Charles was nervous at first. "But then I got used to it," he recalled. They baked a delicious batch of hazelnut cookies for the *Virginia This Morning* program.

Chef Brown works hard to empower her students. "I want everyone to

be successful, without handing it to them." She starts her classes by checking how each student is doing. She always has a listening ear for those who are struggling, and they really appreciate it. "The kitchen is a safe haven," shared Mya. "Everyone is always welcome."

Working together to master a dish, develop a menu, or cater a meal also teaches the students valuable life skills. As one student shared, the biggest lesson she learned from Chef Brown is "to treat others the way you want to be treated. It's much bigger than what you learned as a kid. I've learned to stay positive, help others and stay true to myself."

SUMMER 2017
VOLUNTEER CHAMPION

Joyce Lancaster

The Courage to Succeed



THE FIRST THING YOU NOTICE when meeting Joyce Lancaster is her big warm welcoming smile, which is often accompanied by her cheerful laugh. Joyce's warm personality helps her connect with the students she tutors in the UMFS Courage to Succeed program.

Courage to Succeed is a unique program that provides college support for students with autism or other neurological differences. The program was started in 2011 with just four students. Six years later it has grown to serve 21 students. The majority of the Courage to Succeed students are enrolled at Reynolds Community College. They take classes on Monday, Wednesday and Friday, and Courage to Succeed staff are on campus with them to provide support. On Tuesday and Thursday, the students come to UMFS to learn independent living and social skills. They also receive mental health support and tutoring.

Tutors like Joyce are an essential part of Courage to Succeed. Joyce

has worked with six different students over the last four years, and she really enjoys it. "The students are super hard-working, focused and really appreciative of your time," shared Joyce. Her specialty is math. She has tutored Courage to Succeed student Zach through several different math classes. When Zach decided to tackle applied calculus, Joyce jumped in to support him. "The last time I took calculus was freshman year in college, which was years ago," Joyce said with a smile. "Zach and I literally took the class together. I didn't go to the actual class sessions, but I had the syllabus and the book, and we did all of the homework together. He just worked incredibly hard. He's so dedicated!"

The students really appreciate Joyce's support and dedication. "Joyce is fun to be around because she likes to laugh at silly things and laugh at mistakes that we tend to make," shared Rachel, another Courage to Succeed student. "We love working on math whenever I am stuck on something. She is very

Volunteers like Joyce Lancaster make a huge difference in the lives of our children across the state. To learn more about volunteer opportunities at UMFS, visit www.umfs.org/get-involved/volunteer.

kind and she also really cares about other people."

Joyce was inspired to start tutoring at UMFS after her pastor challenged each member of her congregation to volunteer one hour each week to help someone else. She encourages others to consider tutoring as well. "Don't be scared to try it," she said. "I don't know if I would have said that I'm suited to work with kids on the autism spectrum, but the students are so motivated. It's just one hour a week. That's not much time at all, but you can really see the difference it makes!" ✨

John & Carolyn Wake

"MY CONNECTION WITH UMFS

started when I was a little girl," reflected Carolyn Wake. UMFS was founded in 1900 as an orphanage, and local churches helped support the orphans who lived there.

Carolyn fondly remembers an orphan named Audrey who often stayed with her family for the weekend. After John and Carolyn were married and started their own family, they continued the connection. The parents of four sons, the Wakes enjoyed hosting boys from the orphanage for weekend visits.

John and Carolyn were active in the civil rights movement, and that eventually led to Carolyn's service on the Richmond City Council from 1978 – 1990. They continue to be

passionate advocates for those in need, with a particular focus on mental illness and providing all children a high quality education regardless of their circumstances.

That brought the Wakes back to UMFS again. Carolyn joined the Board, and really connected with Charterhouse School, which provides specialized programs for students struggling with emotional, behavioral, or developmental difficulties and autism or other neurological differences. She particularly enjoyed attending commencement, and seeing the joy on students' faces as they stepped up to ring the school bell to celebrate their achievement.



Donors like John and Carolyn Wake make a critical impact in the lives of high-risk children and families. Join them by making a donation with the enclosed envelope, or visit www.umfs.org/donate.

Carolyn has retired from the UMFS Board, but she and John continue to be faithful donors. Carolyn reflected on her lifelong connection, "I am so proud of UMFS. They have changed as the needs have changed. UMFS gives hope to so many families who are wondering, 'What can I do for this child?'" 🌟

GOLFERS

Support UMFS While Enjoying Your Favorite Sport

UMFS has a wonderful new way for you to link your favorite sport with your favorite charity. The **Dominion Energy Charity Classic** is returning to Richmond on October 19 – 22, 2017. This year, the Dominion Energy Classic **Birdies for Charity** program has been added to raise money for local charities, including UMFS.

There are two ways to make a donation:

1. Pledge per birdie.
2. Make a one-time donation (minimum \$25).

As a special bonus, the PGA TOUR will add 10% to your donation to increase your impact. To donate, visit <https://birdies.together.pgatour.com>.

Thank you for supporting UMFS!

